

# THE CITIZEN

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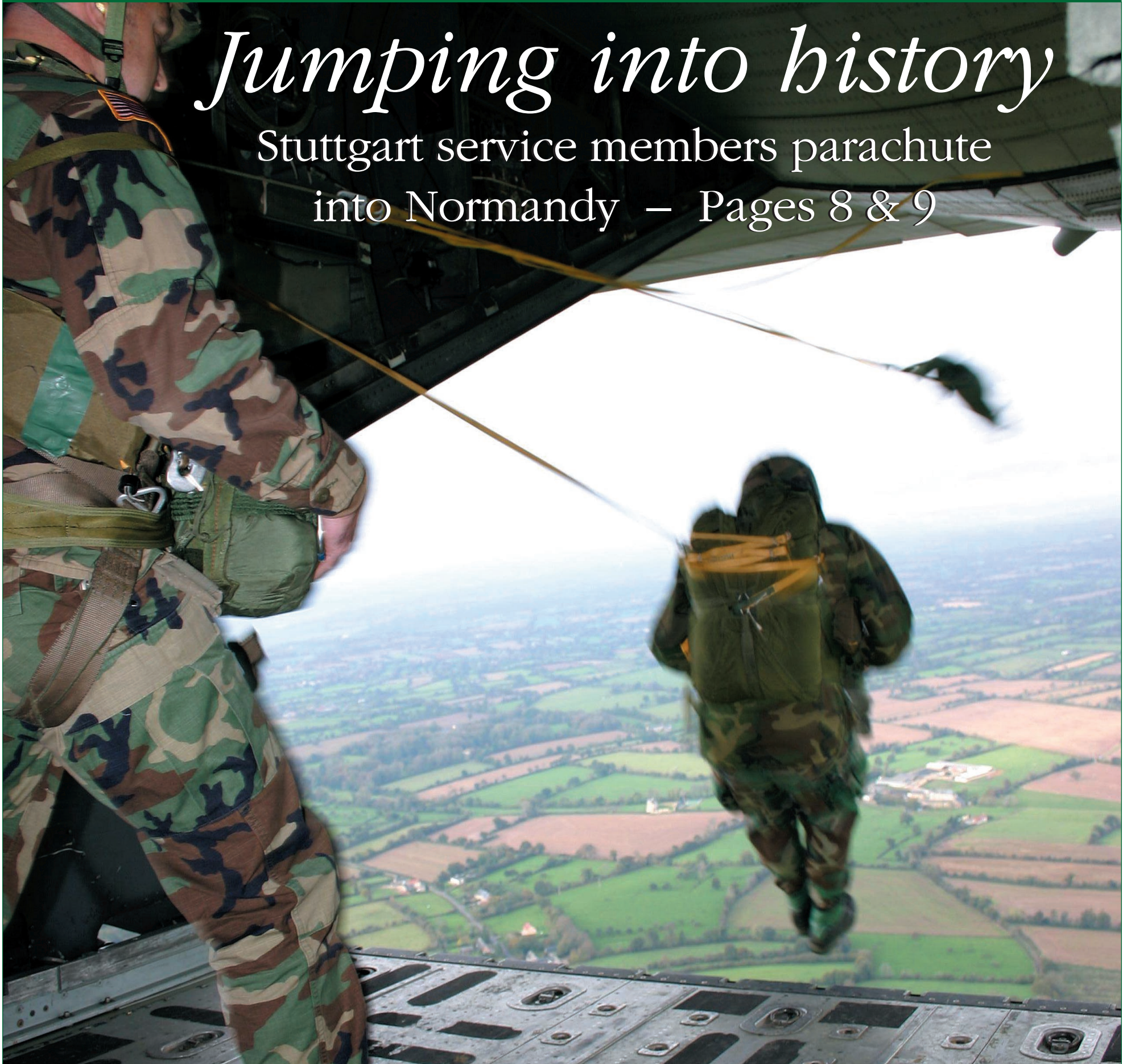
The 6th Area Support Group Newspaper

Nov. 16, 2004

Stuttgart, Oberammergau and Garmisch, Germany

## *Jumping into history*

Stuttgart service members parachute  
into Normandy – Pages 8 & 9



Melanie Casey

A service member assigned to Special Operations Command, Europe, jumps from a C-130 over Normandy's historic Iron Mike Drop Zone Oct. 24. A contingent from SOCEUR spent three days in – and above – Normandy as part of a battlefield staff ride.

### INSIDE THIS EDITION



Page 7

#### **Galaxy now shining brightly on Panzer**

The Galaxy Bowling and Entertainment Center opens with a family-friendly extravaganza on Panzer Kaserne.



Page 10

#### **Good news about 'holiday blues'**

With proper precautions, holiday stress can be a thing of the past. See page 10 for the first in a series of holiday health articles.



## Thorns 'n Roses

From community submissions



### Roses to:

**Jennifer at the Gussy Goose.** I had a slight sewing crisis and went to the Goose for guidance. Since my sewing skills do not exceed adding a button, not only did Jennifer take the time out from her lunch break to explain what I needed to do to get out of my crisis, but shortly after her break she showed me step-by-step exactly how to fix my problem. Not only did I leave the Goose a very satisfied customer, but Jennifer's excellent customer service and kindness motivated me to make that facility a regular stop on my shopping rounds.

**Staff Sgt. Eva Grigsby**, who recently completed one year without smoking cigarettes.

Eva, by becoming tobacco free you have not only greatly enhanced your health, but you have also become an example to – and an inspiration for – tobacco users throughout the Stuttgart military community. (*The Great American Smokeout is Nov. 18. For more about area efforts to encourage a tobacco-free lifestyle, see the Nov. 30 edition of The Citizen.*)

**All the volunteers who made the inaugural Great Pumpkin Race such a tremendous success.** From your unsung work during the weeks of organizing to your essential assistance on race day, everything you did was for the benefit of the community – and helped turn a good idea into a great event. (*For more about the Great Pumpkin Race see page 15.*)

E-mail comments to [citizen@6asg.army.mil](mailto:citizen@6asg.army.mil) or fax them to 421-2570/civ. 0711-729-2570.

# THE CITIZEN

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## ‘Committed to the service of others’ Top VA official answers veterans’ questions in online forum

The Nov. 9 edition of “Ask the White House,” an interactive feature on [www.whitehouse.gov](http://www.whitehouse.gov), featured Secretary of Veterans Affairs Anthony Principi.

Two days before Veterans Day, Principi participated in an online exchange related to his department's policies and practices.

The following is an excerpt of this virtual conversation. For a complete transcript – and for access to an archive of previous online discussions – visit [www.whitehouse.gov/ask](http://www.whitehouse.gov/ask).

**Anthony Principi:** I'm very pleased to have this opportunity to communicate with the American people with regards to the critically important mission of my department, the Department of Veterans Affairs.

We are living in a tumultuous time in America and around the world with the war on terrorism. We have a new generation of men and women in harms way in Iraq and Afghanistan who are doing a magnificent job in protecting the American people, standing between the American people and the terrorists. We need to be very, very thankful to them for their extraordinary commitment to our security and our ideals.

Nov. 11, of course, is Veterans Day. ... It is an opportunity to thank the men and women in uniform and those who have served in the service.

I am grateful to President Bush to his extraordinary commitment to my department and the veterans.

We've seen unprecedented increases in our budget from \$48 billion when the president took office to \$65 billion today, going up to over \$70 billion this year when we get our appropriation bill. This is the largest dollar increase in the history of my department in a four year period.

That has allowed us to treat one million more veterans, receive the health that they did not before these increases went into effect and we've been able to reduce the enormous backlog of claims for disability compensation and other benefits.

We've made tremendous progress under the president's leadership and I'm very proud to lead a great department committed to the service of others.

**Paula, from Ipswich, Mass:** Dear Secretary Principi, I'm a social studies teacher north of Boston who teaches a full year of Civics to seventh-grade students.

I'd love to have some up-to-date materials to teach about Veterans Day. Can you suggest some?

**Anthony Principi:** Please go on our Web site at [www.va.gov](http://www.va.gov). It will tell you a great deal about the VA and there is a site for youngsters where they can learn about the VA. We have materials that can be sent to you as well.

**Kimberly, from Massachusetts:** How can I personally thank a veteran with more than just a smile and a thank you? Especially when we need to express our gratitude in a tangible way.

I have a lot of kids and I hope they will appreciate those who have served in the military to keep us and the world free. How can we be more active in showing our veterans how much we appreciate them?

**Anthony Principi:** I appreciate your question and I would start by saying that a smile and a thank you is indeed very, very important. I think by saying thank you to young soldiers in camouflage coming home from Iraq and Afghanistan and a smile means so much to them.

Today we need volunteers. We need a cadre of volunteers to serve in our medical centers and our cemeteries. Visit our cemeteries and our medical centers.

Perhaps your students can walk around the wards and talk to veterans and bring them cards and cookies from home.

Also we have nursing homes and medical centers. We have many in Massachusetts. And I hope you can find one closest to your school and get those young people involved.

They will come to appreciate the sacrifices that people made so that they can attend school in a free society.

**‘The president is absolutely committed to doing whatever is necessary to make sure that veterans get the health care they need. That's why my budget has gone up so much.**

**Anthony Principi**  
Department of Veterans Affairs

**Jason, from Knoxville, Tenn.:** What are some of the president's plans for Veterans Affairs in the next four years? I know you have done a very good job of getting more people enrolled and have less people on the waiting list. Thanks.

**Anthony Principi:** We are working very hard to care for more people in a timely manner and to decide their claims.

The president's plan for my department is to stay the course over the next four years and to continue to work hard to provide even more care for our veterans.

And of course to provide high-quality service for those veterans and the widows and the widowers and the children with their benefits.

**Ken, from Grants Pass, Ore.:** What will the Bush administration do – specifically – to protect the eroding availability of health care for veterans. (In answering, please remember that most of the beneficiaries of veterans' care can't drive 1,000 miles for treatment.)

**Anthony Principi:** This is a very good question, Ken. And I want you to know that there has been no erosion in availability of health care for veterans.

We have dramatically increased the amount of money that we spend on veterans benefits and health care.

The president is absolutely committed to doing whatever is necessary to make sure that veterans get the health care they need. That's why my budget has gone up so much.

We have opened up hundreds of outpatient clinics in the past four years thanks to President Bush and members of Congress so that veterans don't have to drive thousand miles to get their care. They can get their care much closer to home.

I'm confident under the president's leadership that we'll continue to improve and expand the reach of health care of benefit delivery for our nation's veterans.

**Anonymous, from USA:** Does the VA provide any services for homeless veterans?

**Anthony Principi:** Yes, I am so proud of our homeless programs. We do so much for homeless. We have now provided grants in all 50 states. We have about 10,000 beds now for homeless veterans.

We also treat the underlying conditions of homelessness, substance abuse and mental illness and loss of jobs.

I'm very grateful that the president looked to me to head the Interagency Council on Homelessness and working together with our fellow agencies that we can achieve the president's goal of ending chronic homelessness in the next 10 years.

**Linda, from Bremerton, Wash.:** There has been a variety of information published concerning the status of concurrent receipt of military retirement pay and disability pay.

When can my husband, a Vietnam vet who spent 20 years in the Corps and is now 80-percent disabled, expect to see his disability pay and his military retirement pay at the same time?

**Anthony Principi:** Linda, I am proud that President Bush for the first time in over 100 years signed into law legislation to allow a military retiree like your Marine Corps husband to receive both his disability compensation from the VA and his military retirement pay.

He should file with the Department of Defense. I would go online at [[www.va.gov](http://www.va.gov)] or [[www.defenselink.mil](http://www.defenselink.mil)] to get the forms your husband will need to receive both.

I am very proud that the president asked me to negotiate a compromise. We did.

We have come an awfully long way.





**Shantel Woods, a cadet member of the Patch High School Junior Reserve Officer Training Corps, salutes the flag while posting the colors at the beginning of the Nov. 11 Veterans Day ceremony on Patch Barracks.**

## Stuttgart salutes America's veterans

### Patch ceremony includes vets from WWII to today

Story & photos by Hugh C. McBride

Members of the Stuttgart military community gathered near the flagpole in Patch Barracks' Washington Square Nov. 11 to pay tribute to several generations of U.S. service members.

Sponsored by American Legion Stuttgart Post 6, the 11 a.m. Veterans Day ceremony – which started 86 years to the minute after the guns of World War I officially fell silent – featured prayer, poetry, music and remarks dedicated to U.S. service members past and present.

"We are forever thankful for those who served and for those who serve today," said Post 6 Commander George Johnston, who served as the event's master of ceremonies.

With veterans from World War II, Korea, Vietnam and Desert Storm in attendance, the ceremony's featured speaker, U.S. European Command Director of Logistics and Security Assistance Maj. Gen. Edward LaFountaine, paid homage to the "extreme heroism of our men and women in uniform."

Tracing the history of Veterans Day from its post-World War I roots (when it was known as "Armistice Day"), LaFountaine noted that the day has evolved into a time to honor all service members, "from 'The Greatest Generation' to the latest generation."

In addition to LaFountaine's comments, the ceremony also featured the placing of two wreaths, an a cappella rendition of The Star Spangled Banner by Danielle Johnston-Torrey, and a reading of "In Flanders Fields" by EUCOM Commandant Col. Mary Shanks.

Afterward, the Air Force Sergeants Association, Chapter 1697, hosted a barbecue for all attendees and guests.



**U.S. European Command Commandant Col. Mary Shanks, a member of the American Legion Stuttgart Post 6, reads "In Flanders Fields" during Stuttgart's Nov. 11 Veterans Day ceremony.**

## News & Notes

### Holiday mail deadlines, hours

In order to ensure packages mailed to the United States arrive before Dec. 25, Army Post Offices have announced the following mailing deadlines:

- Space Available Mail: **Nov. 20**
- Parcel Airlift Mail: **Dec. 4**
- Priority parcels, first class letters and cards: **Dec. 11**
- Express mail: **Dec. 18**

Also, all consolidated mailroom customer service windows will be open Saturdays, Nov. 20 to Dec. 18, noon to 2 p.m., and Dec. 23, 11:30 a.m. to 5 p.m.

For more information about APO deadlines call 2nd Lt. Lisa Neumann at 421-4149/civ. 0711-729-4149.

For CMR information call 421-2535/civ. 0711-729-2535.

### SNAP training on Patch

The next Safe Neighborhood Awareness Program training is scheduled for Nov. 19, 10 a.m., in the Patch Installation Coordinator's office.

For details visit the new SNAP office on Patch Barracks (building 2318, second floor), call Ernest Epps at 430-5560/civ. 0711-680-5560, or e-mail epps@6asg.army.mil.

### Stuttgart Book Fair slated

The 54th annual Stuttgart Book Fair takes place Nov. 18 to Dec. 12, 10 a.m. to 8 p.m. daily, in the Haus der Wirtschaft, Willi-Bleicherstrasse 19 in downtown Stuttgart.

Books from the United Kingdom are the focus of this year's fair, with readings by British authors such as Jeffrey Archer and Philip Kerr. For details visit [www.buchwochen.de](http://www.buchwochen.de) or [www.accents-magazine.de](http://www.accents-magazine.de).

### Chapel holiday happenings

The 6th Area Support Group Chaplain's Office sponsors the following upcoming Thanksgiving events:

- Advent Wreath Workshop, Nov. 20, 9 a.m., Patch High School Forum.
- Community Thanksgiving Fellowship – Nov. 21, 2 p.m., Patch Community Club.
- Community Thanksgiving Service – Nov. 24, 7 p.m., Patch Chapel.
- Thanksgiving Day Catholic Mass – Nov. 25, 9 a.m., Patch Chapel.

For more information call John Thompson at 430-1570/civ. 0711-680-1570.

### College fair seeks alumni

The Patch High School Parent Teacher Student Association invites community members to represent their alma mater at the PHS College Fair Nov. 19, 2 to 4 p.m.

For details or to volunteer e-mail Rachel Lask at [jrdkl@yahoo.com](mailto:jrdkl@yahoo.com).

### ACAP phone/fax numbers change

The civilian phone numbers for the Stuttgart Transition Assistance Program Center (Army Career and Alumni Program Center) on Panzer has changed to 07031-15-2191. The center's fax number is now 07031-15-2190.

### Outdoor Rec offers ski packages

Outdoor Recreation travels to Saanenmoser, Switzerland, Dec. 26 to Jan. 2. The package includes hotel, a five-day ski pass, two meals daily, transportation and ski or snowboard equipment. Registration deadline is Dec. 10.

Mountain Lodge Ski Week is Jan. 23 to 29 in the Swiss Gstaad Valley. This package includes six nights in a mountain lodge, transportation, equipment and more. Registration deadline is Dec. 20.

For details call 421-2774/civ. 07031-15-2774.

## Enjoy Thanksgiving dinners in Stuttgart

### Panzer Kaserne Dining Facility

Nov. 24, 11 a.m. to 2 p.m.

### Swabian Special Events Center

Nov. 25, noon to 4 p.m.

Enjoy mouth-watering delicacies prepared by award-winning culinary artists from Stuttgart's Black Stallion Inn and Panzer Kaserne dining facilities

- |                    |                         |                         |                   |
|--------------------|-------------------------|-------------------------|-------------------|
| • Roast turkey     | • Shrimp cocktail       | • Buttered corn         | • Cranberry sauce |
| • Cornish hens     | • Steam ship round      | • Southern-style greens | • Candied yams    |
| • Baked glazed ham | • Cornbread dressing    | • Green beans           | • Giblet gravy    |
| • Baked trout      | • Savory bread dressing | • Mashed potatoes       | • And more!       |



Special holiday bus schedules in the Stuttgart Community Post.



Meal and drinks only  
\$5.40 per person  
Families of E-4 & below only \$4.60



# Edelweiss Lodge & Resort officially opens

## *Armed Forces Recreation Center's newest resort in Garmisch offers travelers comfort, convenience, 'first class quality'*

Story and photos by Melanie Casey

Nestled in the heart of the Bavarian Alps and in the shadow of Germany's highest mountain (the Zugspitze) the new Armed Forces Recreation Center, Edelweiss Lodge and Resort, in Garmisch-Partenkirchen is much more than a hotel – and it's now 'officially' open for business.

Although service members, Department of Defense civilians, retirees and their families have been enjoying the facility since its "soft" opening Sept. 15, the resort officially opened its doors with a celebration Oct. 30.

The facility, built by the U.S. Army Corps of Engineers, Europe District, along with several contractors and the U.S. Army Community and Family Support Center, took a little over two years to complete.

"We delivered months ahead of schedule and within budget," said Brian Temple, Public Affairs specialist for the Europe District.

A project similar in size to the Edelweiss would normally take up to three or four years, Temple added, noting that for the Edelweiss, everything went the way the Corps needed it to go. "There was a lot of passion about this project and we got it done," he said.

The resort, funded by the U.S. Army Community and Family Support Center, was designed exclusively for current and retired U.S. military and government employees and their families.

It replaces Garmisch's Patton and Von Steuben hotels and the Lake Hotel and Campground in Chiemsee, all of which have since closed.

### A grand opening

Geoffrey Prosch, principal deputy assistant secretary of the Army for Installations and Environment, said during the opening ceremony that AFRC resorts such as the Edelweiss strive to provide top-quality, well-rounded facilities that offer diverse recreation activities and outstanding customer support.

"The Soldier is the centerpiece," Prosch said. "These dedicated pros deserve and will be provided what they need – including a quality facility for quality leisure."

The cost associated with the resort is generated from the facility itself, with no taxpayer money used, Prosch added.

### German friendship

State Secretary, Bavarian State Ministry of the Interior, Herr Minister Georg Schmid, speaking on behalf of Minister-President Edmund Stoiber and the Bavarian government, impressed upon the audience Bavaria's steadfast alliance with the United States.

In his remarks, Schmid broached what could have been a touchy subject – Operation Iraqi Freedom.

"The future of Europe and the United States are closely linked together in matters of security," he said, adding, "we know that our place is on the side of America. Bavaria is – and remains – an ally of America," a sentiment which drew a strong round of applause. Schmid called the Edelweiss a visible symbol of the friendship between Bavaria and the United States.

Gen. B.B. Bell, U.S. Army, Europe, com-



**The new Edelweiss Lodge and Resort offers visitors amenities such as a fitness center and pool along with recreational and leisure tours. Traditional Alpenhorns (inset) greeted guests during the resort's Grand Opening Celebration Oct. 30.**

manding general, lent his support to the ceremony as well.

Bell introduced two Soldiers who were visiting the Edelweiss on rest and recuperation leave from OIF. "It is an honor to honor you," Bell said, "by providing a decent place to stay."

Installation Management, Agency – Europe Chaplain (Col.) Ronald Strong hoped the new facility would be "a citadel of peace, a haven of comfort for service members battered by war" and their families.

Strong dedicated the hotel to the preservation of freedom.

### Open house

After the formal grand opening ceremony, attendees were treated to a Bavarian buffet, wine and cheese, traditional Oktoberfest Bavarian entertainment in the Gen. Patton Grand Ballroom and a bluegrass band in Zuggy's Base Camp bistro.

As was fitting for a resort of its magnitude, the Edelweiss Lodge and Resort's grand opening celebration ended with a bang – literally – as a fireworks display lit up the night sky above the main entrance.

### More than a hotel

The Edelweiss Lodge and Resort offers five room options ranging in price from \$69 to \$156. Room rates are based on rank (see box, right). Breakfast is not included in room rates.

Along with its 330 guest rooms, the facility houses three restaurants, a fitness center, pool and hot tub, gift shop and video arcade.

Massage therapy sessions are available at the resort's wellness club, The Point.

Daily sightseeing tours to attractions such as Neuschwanstein, Dachau, Linderhof and the Partnach Gorge are offered as well. Recreation programs, including kayaking,

white water rafting, skiing and hiking in the Alps, are also available.

Guests on hand for the opening celebration were enthusiastic about the new resort.

"The staff here is great," said Pamela McKedy, a DODDS teacher visiting from Heidelberg. "The employees constantly ask if there is anything they can do to help. It's like a four star hotel."

Master Sgt. John Kennedy from 1st Battalion, 10th Special Forces Group (Airborne)

echoed McKedy's words, declaring that the hotel had "five-star quality ... a great facility with friendly employees."

One of the R & R Soldiers recognized by Bell during the opening ceremony, Spec. Robert Carter, said that "mere words don't do this place justice. I'll recommend it to every returning Soldier as soon as I can."

To make a reservation, visit [www.EdelweissLodgeandResort.com](http://www.EdelweissLodgeandResort.com) or call 440-2575/civ.08821-9440.

## Edelweiss Lodge and Resort Winter 2004/2005

440-2575/ civ. 08821-9440		GS-10 & below E6 to E9 W1 to CW3 O1 to O3		GS-11 & above CW4 to CW5 O4 to O10
Room type	E1 to E5			
Standard .....	\$69	\$86	\$96	
Junior suite .....	\$89	\$106	\$116	
Deluxe jr. suite .....	\$99	\$116	\$126	
Loft suite .....	\$119	\$136	\$146	
Deluxe loft suite ...	\$129	\$146	\$156	

[www.EdelweissLodgeandResort.com](http://www.EdelweissLodgeandResort.com)

photo by Brad Hays, Edelweiss Lodge and Resort



# YS celebrates ghoulish Halloween

Story and photo by Jen Stephan

**P**irates, ye be warned!" cautioned a crudely-penned banner hanging over what had once been the main room of the Pete Burke Center. The room, now a spooky cove of pirates and home for some very large spiders, housed the annual Halloween Carnival Oct. 29 in the Garmisch Youth Services.

The YS staff held the annual event for anyone in the community brave enough to eat hot dogs and play games alongside scurvy seadogs and a host of witches and ghouls.

"It's a good party," enthused 9-year-old Emily Lonkhurst, who dressed as Tweedle Dee. "I like the spider webs and the cupcakes the best!"

The Cupcake Walk, a modified version of musical chairs with cupcakes as the prize, was one of several booths set up for the kids in attendance.

In keeping with this year's theme of Pirates of the Caribbean, other games included The Fishing Pond and Pin the Eye Patch on the Pirate

Spc. Laura Salt of the Property Book Office was one of the single Soldiers who volunteered to help run the games during the carnival.

"I like being with the kids," she said. "It makes me feel like I'm back home."

Salt's sentiment was echoed by Youth Sports Director Drew Benson. "People are at home here like at all of our events," he said. "Everybody feels so relaxed and at ease ... everybody knows everybody."

Familiarity with one another kept the mock jail full throughout the night as participants paid tickets to get friends 'arrested' and confined until their five-minute sentences were over.

Some prisoners without patience devised their own forms of escape.

Twelve-year-old Kelt Simpson, who dressed as an "evil villainess," made a jail break "out the window when they weren't looking."

For those who wanted to take in the beautiful autumn evening (without going through a window) there was a hayride, Bavarian style, in a horse-drawn carriage driven by Garmisch local Josef Sailer.



**Benny Little tries to see his future in Cheryl Emblar's crystal ball Oct. 29.**

"I got to ride with my bestest (sic) friends on the horse ride," said 5-year-old Katherine Galluzzo when asked her favorite part of the night.

"[The Halloween Carnival] is just a lot of fun," said YS Program Assistant Demaris McGlone. "As for the kids - I love that they love it."

For the adults, a raffle was held with prizes including small games and a Wonderful Wednesday Ski Package.

With so much to do and see, it was hard to tell who was having a

better time - the people attending the event or the event's planners and volunteers.

"They do such a great job putting on this carnival," said Kelly Hester, who brought her two children to the event.

"This is my third year here and I think it's just good, clean family fun," Hester said.

"Halloween is my favorite holiday," said Teen Center Director Angela Lambert as she manned the food booth. "I love seeing the whole community come out and play!"

## NEWS & NOTES

### Meals for Soldiers

Several Garmisch families are opening their homes to single Soldiers or unaccompanied adults Nov. 25.

Individuals interested in participating should call the Chapel at 440-2819/civ.08821-750-819 or e-mail [ronald.benzing@garmisch.army.mil](mailto:ronald.benzing@garmisch.army.mil) by Nov. 18.

### Clinics visit

The Ramstein Optometry Clinic will be in Garmisch Dec. 6 to 10 in building 203, room 5 on Artillery Kaserne. To make an appointment call 479-2273/civ.06371-462-273.

The Ramstein Medical Clinic will be in Garmisch Dec. 7 to 10 in building 203 on Artillery Kaserne. To make an appointment call Tricare at 442-2816/civ.08821-759-816.

### Turkey Trot set

Garmisch's Twilight Turkey Trot is scheduled for Nov. 19, beginning at 6 p.m. at the Dolomiti Artillery Kaserne.

Registration forms are available at Youth Services, the Mueller Fitness Center and the Community Mail Room. For details call 440-2654/civ.08821-750-654.



Combined Federal Campaign 2004

CFC supports thousands of charities

By Steven Field  
Army News Service

Service members and civilians still have time to donate to the largest workplace charity drive in the United States.

The Combined Federal Campaign, which is authorized to solicit contributions from government employees and military personnel for thousands of federally qualifying charities, is accepting donations until Dec. 15, said Mike Ornstein, spokesman for the federal government’s Office of Personnel and Management, which oversees the CFC.

CFC officials say that last year the campaign collected nearly \$250 million, breaking its fundraising record. They hope to achieve a new high in donations this year.

“Over the past couple of years, national attention has focused on worldwide events. Even with that, federal employees and men and women in uniform have responded generously,” Ornstein said.

Donors to the CFC are allowed to select what organization they want the money to go to. This ensures that the donation goes to the needs the donor feels is most important, according to CFC publications.

More than 1,400 national and international charities – and about 40,000 local charities – receive donations through the CFC. These charities range from military, veteran and patriotic organizations to human and civil rights organizations to environmental organizations to religious and cultural organizations.

A number of military-support organizations are eligible for – and to a large degree depend on – funding from the CFC.

Internal Army efforts, including many Army Community Service programs, as well as external support efforts, such as

What your dollar\$ can do

For \$10 per pay period, you can accomplish the following:	For \$15 per pay period, you can accomplish the following:	For \$25 per pay period, you can accomplish the following:
<ul style="list-style-type: none"><li>• Improve Medicare coverage for 50 low-income elderly people.</li><li>• Provide 18 hours of training in leadership, conflict resolution, cross-cultural sensitivity and community organizing for a teenager.</li><li>• Provide school supplies, food, and medical care for orphans in Africa.</li><li>• Provide two hearing aids for low income, hearing-impaired people.</li></ul>	<ul style="list-style-type: none"><li>• Provide a homebound AIDS patient with groceries for a full year.</li><li>• Buy a nutritious daily meal for a hungry preschooler in Bombay.</li><li>• Provide a solar energy system for an entire village.</li><li>• Fund a scholarship for an individual to travel to Central America to document human rights abuses, then return to work for change.</li></ul>	<ul style="list-style-type: none"><li>• Purchase livestock so a family in Africa can be self-sufficient.</li><li>• Help a group of citizens to meet with legislators on a forest-related bill.</li><li>• Provide six therapy sessions for a senior with a disability.</li><li>• Provide financial aid to help a low income student earn a diploma.</li><li>• Purchase four computers with adaptive equipment for blind students.</li></ul>

source: Combined Federal Campaign of the National Capital Area ([www.cfcnca.org](http://www.cfcnca.org))

the Fisher House program and the Disabled American Veterans Charitable Service Trust, all receive funding from the CFC.

“CFC is my whole [non-appropriated fund] budget for 10 months out of the year,” said Colleen Tuddenham, Chief of Army Community Service at Fort Myer, Va., referring to funds the organization needs to function that are not provided by Congress. The funds donated through CFC help provide childcare, emergency food and volunteer recognition programs, among other things, Tuddenham said.

Without ACS, “all of these things we do just wouldn’t happen,” Tuddenham said.

To receive CFC funds, organizations must meet strict standards – they must have tax-exempt non-profit status; they must provide service, benefits or assistance to activities that promote human well-being; they must spend no more than 25 percent of their revenue on fundraising; and they must not disclose the names of CFC contributors, among other rules.

Soldiers and Department of the Army civilians can donate to the CFC by contacting their local representative.

For more information online visit the CFC Web site at [www.omp.gov/cfc](http://www.omp.gov/cfc) or the CFC-Overseas site at [www.cfcoverseas.org](http://www.cfcoverseas.org).

Local CFC-O program managers are Bob Rainbolt, 6th Area Support Group, (421-4395/civ. 0711-729-4395; [rainboltb@6asg.army.mil](mailto:rainboltb@6asg.army.mil)) and Lt. Col. Robert Hopkins, U.S. European Command (430-4563/civ. 0711-680-4563; [hopkinsr@eucom.mil](mailto:hopkinsr@eucom.mil)).



# 'Galaxy' opens in grand style

## *New bowling, entertainment center unveiled with family-friendly extravaganza on Panzer*

Story & photos by  
Hugh C. McBride

**B**DUs and bowling shoes may never catch on as a global fashion craze, but for one night at least they were all the rage – on Panzer Kaserne, at least.

Service members still in their battle dress uniforms joined the hundreds of community members who filled The Galaxy Bowling and Entertainment Center Nov. 4 when what is being billed as the finest bowling house in Europe officially opened its doors.

More than a year after Panzer's previous bowling facility closed its doors for an extended renovation, the Galaxy introduced Stuttgart residents to what Mark Cauthers predicted will be "the hottest spot in Stuttgart." Cauthers, the 6th Area Support Group's chief of Morale, Welfare and Recreation operations, said the facility offers "the latest and the greatest in family entertainment."

From the look of the crowd that began forming more than 30 minutes before the announced opening time, Stuttgart residents were ready to see what The Galaxy had to offer – and from the number of bowlers, video-gamers and diners who remained until the center's first official closing time, it seemed that they liked what they saw.

"This is great," said Patch High School student Tamara Stovall. "This is going to be a fantastic alternative to an ordinary Saturday night at the movies."

Officials from a variety of agencies, companies and organizations that had a part in the design and construction of The Galaxy were on hand for an exchange of opening-day gifts and a traditional ribbon-cutting, but the true guests of honor were the men, women and children of the Stuttgart military community.

Douglas Bugle, the director of military sales for Brunswick Bowling, said being part of bringing a "state-of-the-art family entertainment facility" to Stuttgart was a matter of pride both for himself and for his organization.

"It's one of the ways we can give back to the service members for all they do for us," Bugle said.

Once they had been officially welcomed by 6th Area Support Group Commander Col. Gwendolyn Bonéy-Harris, the families and individuals who attended the grand opening were treated to a night "on the house."

As the music blared and the laser lights flared, many attendees enjoyed a free buffet of some of the many items

### Help wanted

*The Galaxy Bowling and Entertainment Center is accepting applications for the following positions:*

- Bartenders
- Cashiers
- Cooks
- Custodial workers
- Equipment workers
- Food service workers
- Operation assistants
- Recreation aids

*For more information visit The Galaxy or contact one of the following sources:*

- Nonappropriated Funds Human Resources Office (421-2165/civ. 0711-729-2165).
- Civilian Human Resources Agency Web site ([www.chrma.hqusaureur.army.mil](http://www.chrma.hqusaureur.army.mil)).

on the menu of "The Strike Zone," The Galaxy's in-house restaurant, while others took advantage of free bowling – and complimentary shoe rentals – to test out the newest lanes in town.

The youngest attendees scampered through a three-dimensional maze of enticements in the children's playroom, while older community members tested their hand-eye coordination in the adjacent video game room.

Families looking for a relatively quiet spot gathered around tables in the party room, while those who wished to test their luck on opening night ventured into the slots room in The Galaxy's "adult" section.

Designed to please a customer base that ranges from the lunchtime crowd to the serious bowler to families looking for another wholesome entertainment option, The Galaxy may have been aiming for the moon – but if Nov. 4 was any indication, it started with a strike.

*Located on Panzer Kaserne in Böblingen, The Galaxy Bowling and Entertainment Center is open Sundays to Thursdays, 11 a.m. to 10 p.m., and Fridays and Saturdays, 11 a.m. to 1 a.m.*

*The center features Cosmic Bowling every Saturday, 8 p.m. to 1 a.m.*

*The facility's bar and lounge open at 4:30 p.m. every day.*

*For more information – including the latest news on leagues, promotions and other special events – call 431-2719/civ. 07031-15-2719.*



**From healthier items to the downright decadent, the Strike Zone restaurant offers a range of options for lunch, dinner or a between-frames snack.**



**6th ASG Commander Col. Gwendolyn Bonéy-Harris holds one of the many gifts that were exchanged during the opening.**



**Those wishing to take a break from the lanes have several opportunities for entertainment that don't involve rented shoes. One option on the "family side" of the Galaxy is a video game room.**



# SOCEUR service members visit battlefields of Normandy, study successes, failures of D-Day invasion, Operation Overlord



Sgt. 1st Class Milton Hansen, operations noncommissioned officer for Special Operations Command, Europe, waits for the signal to begin his jump onto the historic Iron Mike drop zone near St. Mere Eglise in Normandy, France, Oct. 24. The jump marked the beginning of SOCEUR's three-day Battlefield Staff Ride in the Normandy area. Hansen served as one of the jumpmasters.



SOCEUR service members (above, left) float over the Normandy countryside on their way to the Iron Mike drop zone near St. Mere Eglise Oct. 24. At the Normandy American Cemetery in Colleville Sur Mere, Battlefield Staff Ride instructor Will Cavanagh explains the significance of the markers of Brig. Gen. Theodore Roosevelt Jr. and his brother, Quentin, who died in 1918 and was later re-interred next to his brother.



Maj. John Silkman from SOCEUR's J-5 Africa shop pauses to reflect and capture the moment near one of the many craters that scar the landscape of Point du Hoc during the SOCEUR Battlefield Staff Ride Oct. 25. Point du Hoc was the site of an assault by elements of the 2nd and 5th Ranger battalions, and the area remains much as it was left in 1944.

Story and photos by Melanie Casey

Go, go, go!" As the signal light on the lurching C-130 turned green, the jumpmaster shouted above the din to the Special Operations Command, Europe, service members along for an extraordinary ride Oct. 24.

But this wasn't any average jump – these 50 Soldiers, Sailors, Airmen and Marines recreated a slice of World War II history with an airborne operation onto the Iron Mike drop zone near St. Mere Eglise, France, which was one of several sites invaded by the Allies on June 6, 1944 during Operation Overlord – an event more commonly known as D-Day.

The jump marked the beginning of the SOCEUR Normandy Battlefield Staff Ride, an event designed to allow service members an opportunity to walk in the footsteps of their predecessors, learn about Operation Overlord's strategic successes and failures and relate them to today's military.

Sgt. 1st Class Christopher Owens, SOCEUR's Air Operations Noncommissioned Officer and the BSR event coordinator, noted that the Normandy staff ride was slightly different than others because of the airborne element.

"We're an airborne unit," he said. "It wouldn't be right to put [a Normandy staff ride] together without a jump. We were jumping onto hallowed ground."

## Greater understanding

The three-day event – led by Battlefield Staff Ride instructors and military historians Dr. Steve Bowman and Will Cavanagh – introduced participants to storied WWII sites such as the thick hedgerows of St. Germain, the seemingly insurmountable cliffs and moon-like landscape of Point du Hoc, the vast shores of Utah Beach and rugged coastline of Omaha Beach and the final resting place of more than 9,000 service men (and four women) in the Normandy American Cemetery.

As they visited the historic battlefields and trod in the shadows of their predecessors, participants could get a feel for the daunting task that was Operation Overlord.

They could also come to appreciate the obstacles that the thousands of Allied service members overcame to complete their missions that fateful day.

"The staff ride was a great experience to further my appreciation of the efforts of Allied Soldiers on D-Day," said Lt. Cmdr. Darin Evenson. "Many of the tactics applied in history and lessons learned still apply to modern warfare ... [al-

though] many of the tactics that we would apply to the battlefield have changed, many remain the same."

## Making history relevant

Clearly, the Normandy BSR was much more than just a guided battlefield tour – it was a learning experience.

Staff rides "bring to life, on the very terrain where historic encounters took place, examples, applicable today as in the past, of leadership, tactics and strategy, communications, use of terrain, and, above all, the psychology of men in battle," wrote Gen. John A. Wickham in a forward to a booklet prepared by the Combined Arms Research Library on the importance and relevance of staff rides (available online at [www.cgsc.army.mil](http://www.cgsc.army.mil)).

During a series of command discussions held during the event, the SOCEUR participants reflected on where they went, what they learned and how they could incorporate those lessons in today's military.

They delved deep into Operation Overlord on a military level by examining the planning, logistics, personnel, medicine, equipment, communications and intelligence that went into preparing and executing the assault.

Participants also discussed how an invasion of the magnitude of Overlord could be implemented using today's military capabilities – taking into consideration such innovations as technology, the international media and information availability.

At one such session, SOCEUR Commander Brig. Gen. Thomas Csrnko, who participated in both the jump and the

*My sincere belief is that these Soldiers need to take pride in what they do and learn where they come from.*

*The only way to learn that is to come here. It gives them a deep appreciation for what they do.*

Will Cavanagh

Battlefield Staff Ride instructor

BSR, noted that, "[Operation Overlord] was not unlike how we plan operations today. It was based on analysis and logistical capability."

Csrnko added that the BSR was a "great opportunity to walk the battlefields of history and put yourself in that era."

## Appreciated & thanked

"To be able to come here and do this is absolutely incredible," said Staff Sgt. Doris Moxham, an intelligence analyst with SOCEUR's J-2 and one of two women from SOCEUR participating in the BSR.

Moxham recalled that shortly after landing on Iron Mike, an elderly French woman who had watched the airborne operation approached her, shook her hand, kissed her cheeks and said, "good job."

"My sincere belief is that these Soldiers need to take pride in what they do and learn where they come from," Cavanagh said. "The only way to learn that is to come here. It gives them a deep appreciation for what they do."

## Online resources offer wealth of related information

American Battle Monuments  
[www.abmc.gov](http://www.abmc.gov)

British Broadcasting Co.  
[www.bbc.co.uk/history](http://www.bbc.co.uk/history)

D-Day, Normandy and Beyond  
[www.normandy1944.info](http://www.normandy1944.info)

The History Net  
[www.historynet.com](http://www.historynet.com)

The History Place  
[www.historyplace.com](http://www.historyplace.com)

National WW II Memorial  
[www.wwiimemorial.com](http://www.wwiimemorial.com)

U.S. Army Military History Institute  
<http://carlisle-www.army.mil/usamhi/>

U.S. Army War College  
<http://carlisle-www.army.mil/>

U.S. European Command  
[www.eucom.mil](http://www.eucom.mil)

U.S. Special Operations Command  
[www.socom.mil](http://www.socom.mil)

Wikipedia  
<http://en.wikipedia.org>

WW II Resources  
[www.ibiblio.org/pha/](http://www.ibiblio.org/pha/)



# Good news: 'Holiday blues' are beatable

## *Help available to ease seasonal stresses, depression*

By Melanie Casey



file photo

**The holidays can bring on feelings of sadness and isolation, but a proactive plan can make "the blues" a thing of the past.**

### *Tips for easing seasonal stress*

- ◆ Consider changing rituals that are empty and replacing stale traditions.
- ◆ Allow yourself to feel sad or lonely; these are normal feelings.
- ◆ Keep expectations for the holiday season manageable. Make lists and prioritize.
- ◆ Be realistic about what you can and can't accomplish over the holidays.
- ◆ Do something for someone else, such as volunteering to help others.
- ◆ Try something different – experience the holidays in a new way.
- ◆ Join an activity such as a Christmas caroling group.
- ◆ Enjoy free activities such as driving around to look at holiday decorations.
- ◆ Spend time with people. Reach out and make new friends or contact someone you haven't heard from in a while.
- ◆ Don't dwell on the past.
- ◆ Make a budget and stick to it – financial pressures can significantly increase stress.

source: National Mental Health Association

For many people, the holiday season evokes feelings of joy and optimism and is a time to enjoy family togetherness and celebration.

For some, however, the season brings increased stress along with feelings of loneliness and sadness, leading to what some call the "holiday blues."

#### **Causes and symptoms**

The blues are brought on by the increased stress associated with holidays and most commonly appear during December.

Factors such as having guests, struggling with financial worries, coping with the inability to be with family members, experiencing a sense of increased isolation and loneliness and having unrealistic expectations can contribute to the blues.

Symptoms include headaches, the inability to sleep or sleeping too much, increased anxiety, increased or inappropriate feelings of guilt and a diminished ability to concentrate.

One reason may be that "the holidays reconnect us with our childhood experience of family celebrations," said Gayle Peterson, Ph.D., a family therapist. "The holidays bring up our yearnings for family closeness, past and present, imagined or real," she added.

#### **Diagnosis SAD**

There may be more to the holiday blues than just stress, fatigue, unrealistic expectations, financial problems and loneliness. For some people, the holiday blues could be the result of a mood disorder known as Seasonal Affective Disorder.

SAD is caused by a lack of sunlight. More specifically, SAD is caused by an increase in the brain's production of melatonin, a sleep-related hormone produced at higher levels in the dark.

As winter approaches and the days get shorter and darker, some people may experience an increase in their melatonin levels, which could result in SAD.

The symptoms of SAD often mimic those of clinical depression, such as excessive eating and sleeping, weight gain and persistent sadness. However, SAD is marked by *regularly-occurring* depressive symptoms that occur only in the fall and winter months, with a full remission during the spring and summer.

According to the National Mental Health Association, one must have experienced symptoms for at least two years with no non-seasonal depressive episodes to be diagnosed with SAD.

SAD is treated primarily with bright light therapy (known as phototherapy), which has been shown "to suppress the brain's secretion of melatonin ... and many people respond to this treatment," according to information on the National Mental Health Association Web site ([www.nmha.org](http://www.nmha.org)).

Studies have also shown that exposure to natural sunlight (early morning is best) can also be effective in relieving symptoms of SAD.

However, if phototherapy is unsuccessful, an anti-depressive drug may be called for.

#### **Local help available**

For those feeling overwhelmed by the holiday blues, local help is available.

One option is to visit the 6th Area Support Group Chaplain's Office on Patch Barracks.

The Chaplain's Office offers free faith-based individual counseling as well as family and marriage counseling and suicide prevention to all military ID cardholders and Department of Defense civilians.

A chaplain is also on call 24 hours a day and can be reached by calling the Patch Barracks military police station at 430-5262/civ. 0711-680-5262.

Marina Palmer, a civilian pastoral care counseling professional who has a master's degree in counseling, offers faith-based counseling.

*To help ease seasonal stresses, don't dwell on the past. Instead, create new and different ways to celebrate the season.*

New clients meet with Palmer, who determines what they want and need. Clients can also choose to meet with one of the chaplains on staff.

If clients demonstrate signs of clinical depression or another affliction that goes beyond the realm of these counselors' expertise, the intervening chaplain or Palmer will refer them to the Stuttgart Health Clinic.

#### **An array of services, classes**

Army Community Service offers a wide array of resources to help battle the blues and get a handle on holiday stress.

Throughout the year, ACS offers preventative services, such as budget counseling for families and individuals, employment resources for family members and anger management and parenting classes.

ACS also offers crisis intervention services to provide families an added sense of well-being when the going gets tough. Sometimes parenting concerns can be overwhelming, and taking time out to talk to an expert can be helpful.

ACS offers short-term counseling sessions, said Holly Munoz, Family Advocacy Program Educator. For those needing long-term care or medication, ACS can offer referrals to English-speaking therapists on the local economy, Munoz said. Tricare allows for up to eight sessions without a referral.

Upcoming stress-reducing classes at ACS include the following:

- **Marriage Enrichment** – Nov. 19, 6 to 9 p.m. and Nov. 20, 9 a.m. to 5 p.m.
- **Holiday Stress Class** – Dec. 6, noon to 1 p.m. or 6 to 7 p.m.
- Four-part **Anger Management Class** – begins Dec. 8, 1 to 2 p.m.

Stress management classes are available upon request, Munoz added.

To sign up for one of these classes or another class at ACS, call 430-7176/civ. 0711-680-7176.

When one's spouse is deployed over the holiday season, one way to stave off the blues is to spend time with other families in the same situation, suggested Joni Brady, nurse educator from the Stuttgart Wellness Center.

#### **Military One Source**

Another avenue for those suffering from holiday stress is the military's newest Web site: Military One Source. This valuable tool offers master level therapists available 24 hours a day, seven days a week.

The site ([www.militaryonesource.com](http://www.militaryonesource.com)) offers a wealth of information for military families ranging from health care to local resources. The user name is "military" and password is "onesource."

To help ease minor seasonal stresses, an expert from the University of Maryland advises not dwelling on the past, but instead creating new and different ways to celebrate the season.

*This is the first in a series of articles on overcoming holiday stress and depression. See the Nov. 30 and Dec. 14 editions of The Citizen for additional information and resources.*





file photo

*They're baaaack ...*

Click It or Ticket,  
Booze It & Lose It  
campaigns return  
for holidays

U.S. military law enforcement personnel throughout Europe will be conducting "Click It or Ticket" and "Booze It and Lose It" campaigns to combat unsafe driving during the Thanksgiving and Christmas holiday seasons.

Community members are reminded that seat belts are mandatory for drivers and passengers on all U.S. installations, and that drinking and driving will not be tolerated.

The safe ride number from installation to installation is 430-5261/civ. 0711-680-5261. This holiday season, drive smart, drive safe, and drive to arrive.

# Make fire safety key ingredient in every holiday recipe

*The Virginia Department of Fire Programs Web site ([www.vdfp.state.va.us](http://www.vdfp.state.va.us)) offers the following tips for cooks and others who may find themselves in the kitchen during the upcoming holiday season.*

### General kitchen safety

- Establish a "safety area" in the kitchen to keep small children confined and away from hot surfaces, hot liquids or flames.
- Always attend to pots and pans heating on the stove. If you need to leave the kitchen while cooking, turn off the heat.
- Keep cookware away from a child's reach. Use the back burners and turn pot and pan handles in.
- Don't store items above the stove, as you can get burned when reaching for them.
- Wear short or tight fitting sleeves when cooking. Loose sleeves can catch fire easily.

### Appliances

- Avoid overloading electrical outlets, and avoid having two heating appliances (for example, a toaster and an iron) on the same outlet at the same time.
- Unplug small appliances after use.
- Keep paper, cardboard boxes and grocery bags away from stove elements.
- Make sure ovens, burners and stove exhaust hoods are clean and grease-free.
- Wait until appliances are cool before putting them away.



file photo

### Deep frying

- Use only a thermostatically controlled electric deep fat fryer, and keep a tight-fitting lid nearby to cover it if the oil ignites.
- If hot oil vapors catch fire, smother the flames by covering the pot/pan with a lid. Turn off the heat.
- Do not throw water on a flaming pot. Do not carry the pot/pan or throw contents into the sink. Hot oil can reach temperatures over 200 degrees Celsius – and contact with skin would cause deep burns instantly.
- Keep a suitable portable fire extinguisher nearby and know how to use it.

### Microwave ovens

- Take lids or coverings off carefully to avoid burns from steam.
- Use oven mitts to remove dishes from the microwave.
- Avoid using metal in the microwave (including aluminum foil) as it may spark, become very hot, and ignite combustible items.
- If a fire occurs, keep the oven door shut and immediately unplug the oven.

*To report a fire on post call 117/civ 0711-680-117 in Stuttgart or 117/civ. 08821-759-117 in Garmisch. Off post call 112.*





Louis Kerchof-Horn and his family look on during the "giveaway ceremony," a traditional time of sharing during the Nov. 6 powwow in the Patch High School gymnasium.



Stuttgart's Chris Owens (left photo) and Christian Suarez (right photo) dance to the beat of the drums (above).



# Powwow unites members of many nations

## *Patch event adds international flavor to traditional gathering*

Story & photos  
by Terri Alejandro

The word "powwow" may bring to mind a vision of Native Americans in full regalia dancing around a fire.

Events at a traditional powwow, however, extend far beyond the arena, or dance circle.

"A powwow is an event for the entire family to attend," said David Lee, a Cherokee and the organizer of the Nov. 6 powwow in the Patch High School gymnasium.

The gatherings, which may last three to four days, also provide an opportunity for vendors to sell their

wares, such as jewelry or beadwork.

The Nov. 6 event was international and multi-tribal. Participants came from Germany and neighboring countries, and represented the Crow, Kiowa, Lakota, Choctaw, Ottawa and Arapaho nations.

"A powwow is a time of reunion, of renewing friendships and reuniting with family members separated by marriage or travel," Lee said.

Ronald and Julie Suarez traveled from Biloxi, Miss. to join their son, Christian, at Saturday's powwow.

"We planned our visit around the powwow," Mrs. Suarez said. "He has participated in powwows for many years and we enjoy watching him."



# Pumpkins take the plunge

*Patch High School physics class experiment proves Newton right*

Story and photo by Melanie Casey

With nary a beaker in sight, the Great American Pumpkin Drop, held near the Patch Elementary School playground Oct. 27, wasn't your average science experiment.

The idea for the Patch High School physics class experiment was seemingly simple: Create a box in which a pumpkin could be securely placed and then safely dropped from a height of 23 meters.

Whichever pumpkin emerged in the best condition – and was judged to be the most creative and attractive – would win.

The execution proved a little more difficult than expected, however.

## A little inspiration

Under the tutelage of physics teacher Brad Rehwaldt, Patch High School physics and chemistry class students teamed with Patch Elementary School classes to come up with an idea and design for the pumpkin containers.

The high school students, in teams of two, first visited PES classrooms to explain their assignment and introduce the young students to Newton's laws, velocity and acceleration, Rehwaldt said.

With input from their PES partners, the PHS students constructed three small experimental containers and did an "egg drop" to see which ideas worked best.

Based on the results of the egg drop, the PHS students constructed containers fit for pumpkins, which the PES students then decorated.

The 19 containers were judged on creativity, attractiveness and how well the pumpkin survived the nearly six-story drop, Rehwaldt said.

Five pumpkins survived the plunge intact. Internal padding such as aluminum cans, toilet paper rolls and cardboard bumpers was enhanced with para-

*"You get to teach kids about gravity, mass versus acceleration, and see different ways to protect the pumpkin."*

*It's a fun way to learn.*

**Meredith Beatty**

*PHS pumpkin drop participant*

chutes placed on the outside of some boxes to help protect the pumpkins.

## To the victors go the spoils

First and second place were both ties. Tying for first was the team of Jason Bolley and Louie Fuertes (teamed with Mrs. Kloss' fourth grade class) and Adam Fugent and Randy Miller (who teamed with Mrs. Shive's third grade class).

"You get to teach little kids about gravity, mass versus acceleration, and see different ways to protect the pumpkin," said Meredith Beatty, one of the PHS participants. "It's a fun way to learn."

The PHS students received a grade for the assignment – and extra credit, along with a cash prize, if their pumpkin was in the top three.

The winning PES classes won a class party sponsored by the PHS Future Business Leaders of America.

The event was supported by the Böblingen Community Activities Club and the PHS Parent Teacher Student Association.

*For more about Patch High School visit [www.stutts.eu.odedodea.edu](http://www.stutts.eu.odedodea.edu).*



**Patch High School physics student and one of the event's judges inspect the damage inflicted on a pumpkin after its plunge.**

## 'MSP Choice' enhances employment options for military spouses

U.S. Army, Europe, Release

In order to provide greater career opportunities for military spouses, Deputy Undersecretary of Defense for Civilian Personnel Ginger Groeber implemented the Military Spouse Preference Choice program Oct. 7 for spouses worldwide.

The program will affect spouses in the following ways:

- MSP Choice permits military spouses to accept an unlimited number of temporary, intermittent, or flexible schedule (non-continuing) positions without losing their military spouse preference.

- Military spouses will be referred using MSP until they accept a continuing position. "Continuing positions" are jobs to which appointments are made without time limitation, and which are required to have a fixed part-time or full time work schedule.

- Upon acceptance of a non-continuing position, a spouse's eligibility for preference for other non-continuing positions will be suspended until 60 days prior to the expiration of the non-continuing position.

- Military spouses who lost preference on or after the effective date of this policy change because they accepted (or declined an offer of) a time-limited position in the Federal service, including NAF, will have preference reinstated. Reinstatement of preference is contingent on the spouse meeting all other requirements for military spouse preference.

- Military spouses who previously accepted (or declined) a position with a fixed work schedule and no time limitation will not receive additional entitlement to MSP. Likewise, military spouses whose preference was terminated based on their refusal to participate in established competitive recruitment procedures will not have preference reinstated.

*For more information call Trina Schroeder at 0621-487-2537.*



# Stuttgart hosts IMA-E flag football tourney

*Landstuhl squad battles back to take unit-level title*

Story & photos by  
Hugh C. McBride

The trophies read "Unit-Level Flag Football," but the finale of the three-day tournament on Patch Barracks' Husky Field had all the makings of a heavyweight title fight.

The top 12 unit-level squads from throughout Germany squared off in Stuttgart Nov. 6 to 8 in a double-elimination tournament to determine the 2004 Installation Management Agency Europe Region champion.

After 21 games and two days, the field was whittled down to the Landstuhl Regional Medical Command (representing the 26th Area Support Group) and the 19th Support Company (the top team out of the 104th ASG).

LRMC, which entered the tournament with an undefeated regular season record, went 4-0 en route to the IMA-E championship game.

The 19th, which dropped an opening-day decision, had to stave off elimination with three straight loser's-bracket victories to claw its way to the title game.

And then the real fun began.

Facing the challenge of having to beat LRMC twice to claim the title, the 19th drew first blood when quarterback Spc. Rakran Mateen muscled his way across the goal line early in the first quarter.

LRMC responded with 19 unanswered points, and appeared poised to take a 12-point lead into halftime.

Like a beaten boxer rising from the canvas, though, the 19th struck a blow just before the half ended, completing a 20-yard touchdown pass to narrow the deficit to 19-13 with two quarters remaining.

After the teams exchanged touchdowns in the third quarter, the 19th came out swinging in the final round, covering 80 yards on the second play from scrimmage and slicing the LRMC lead to one point.

The Landstuhl squad appeared ready to put the game out of reach late in the fourth quarter, but its drive was ended with an interception on the 19th's 5-yard line.

The LRMC defense rose to the challenge, though, forcing the 19th to punt after three plays with only two minutes remaining.

When Landstuhl was unable to run out the clock, the 19th took over and — with five seconds left — threw the knockout punch.

With the game, tournament and season about to end, Mateen found receiver Spc. Howard Nelson in the corner of the end zone, completing the biggest 25-yard pass of the game and extending the tournament to a winner-take-all showdown.

Now it was Landstuhl's turn to



**[Above] Quarterback Spc. Rakran Mateen of the 104th ASG's 19th Support Company dives across the goal line in the first quarter of his team's come-from-behind 32-26 victory over the Landstuhl Regional Medical Command team Nov. 7.**

Stuttgart will also host the IMA-E Community-Level Flag Football Championship Tournament Nov. 18 to 21. For details call 430-7136/civ. 0711-680-7136.

respond to the stomach-punch of defeat. Once five seconds away from perfection, the LRMC squad found itself with 15 minutes between games to prepare for the final fight.

As it did in the first matchup, the 19th scored the first touchdown and trailed slightly at halftime.

However, the second half was all Landstuhl, as it scored 20 unanswered points and held the 19th scoreless en route to a 33-12 victory and the IMA-E title.

Among the Landstuhl fans on hand to enjoy the victory was LRMC Commander Col. Rhonda Cornum, who said the players' on-field excellence was matched by their daily efforts on behalf of wounded service members.

"They are a great group and I couldn't be prouder," Cornum said.

In addition to taking home the championship trophy, Landstuhl was also honored with the tournament MVP award for Spc. Carlos Martin.



**Landstuhl receiver Spc. Byron Wells Jr. soars over two defenders from the 98th ASG's 38th Personnel Services Battalion to pull down a touchdown pass during LRMC's 26-14 win Nov. 6.**



# Great Pumpkin Race 2004

## Inaugural 10K challenges, rewards runners with undulating course, scenic trails



Story & photos by Hugh C. McBride

Somewhere, Linus must have been smiling. One hundred seventy runners and walkers (and one anxiously anticipated sun) showed up for Stuttgart's inaugural Great Pumpkin Race Oct. 30 on and around Patch Barracks.

Hours of pre-race rainfall threatened to put a significant damper on the 10-kilometer race through the woods adjacent to Patch, but 30 minutes before race time the gray clouds – and the apprehensions of the race coordinator, Cory Doubek – dissipated in the presence of bright autumn sunshine.

"I was worried about participation, but we've got some tough folks in the Stuttgart community who were ready to race, rain or shine," Doubek said.

By the time the race began, though, the weather was perfect for a jaunt

through the woods.

The runner who spent the least amount of time enjoying the fall foliage was Erick Jordan, who completed the hill-filled route in a blazing 39 minutes, 9 seconds.

"I almost didn't have the finish line ready for him," Doubek said. "I didn't expect anyone to finish so quickly."

First place for the women went to Domicia Martin, who finished in 48 minutes, 15 seconds. Awards were also presented to first-, second- and third-place finishers in five age groups in both the men's and women's divisions.

Doubek said she expects the Great Pumpkin Race to join May's Cobblestone Classic as annual events for 10K runners and walkers in Stuttgart.

Plans are also in the works for two 5K events, Doubek said, with the first one likely a mid-March "St. Patrick's Day Shuffle."

**[Far left] Cait Gamble races down a tree-lined trail en route to a first-place finish in the women's 20-and-under category.**

**[Center] Men's winner Erick Jordan (top) and women's winner Domicia Martin (bottom) lead their respective groups to the finish line.**